

CREAMY MANGO & COCONUT SMOOTHIE

INGREDIENTS

1 cup coconut milk
4 tablespoons Greek yogurt
1 banana
 $\frac{3}{4}$ cups frozen mango chunks
 $\frac{1}{4}$ cup oats

PREPARATION

Add all the ingredients into a blender and blend until smooth. Enjoy!

Recipe inspiration from www.bbcgoodfood.com

apainintheback.org

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